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The women and men who have been cleaning these stations for over a decade know that these cuts are not going to work . . . and we are going to smell the results.

MBTA janitors are routinely called upon to clean not only dirt and trash, but urine, vomit and feces; fewer janitors doing the job will have significant quality and public health ramifications.

Tweet MBTA & @MassGovernor and ask them to ditch this plan that lowers the quality of service and hurts our local economy. #MBTAmess Call the MBTA (617-222-3200) and tell them to stop this mess in our T stations.







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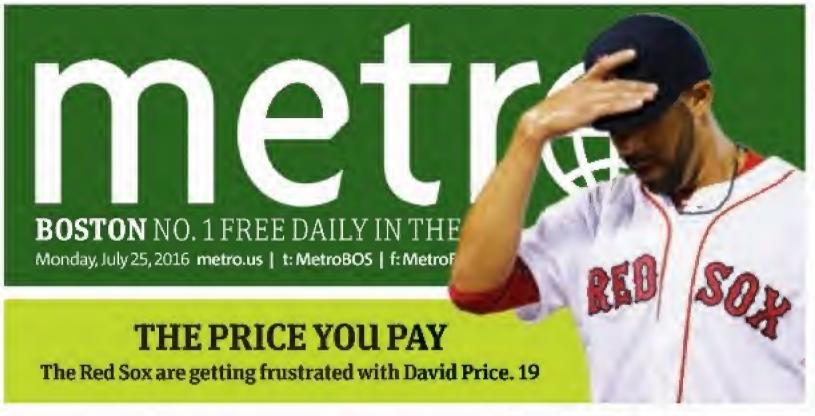
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Post about racial incident on the T goes viral. 4







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LOS ANGELES-AREA WILDFIRE SPREADS, MOTORIST FOUND DEAD

A huge wildfire in the Los Angeles area spread another 2,000 acres overnight and appeared to have killed a motorist, whose remains were found in a charred vehicle in the fire's path, officials said on Sunday. This brought to 34 square miles the total area enveloped by the wildfire, which has forced hundreds of evacuations and is casting a dark haze over parts of Southern California. The fire is one of a series this summer that have hit the state, which has suffered drought for several years and where dried grass and bush land as well as high temperatures. have helped fuel the blazes. The remains of an unidentified person were found late on Saturday inside a charred vehicle in the path of the socalled Sand Fire near Santa Clarita, about 40 miles northwest of the city, the Los Angeles County Sheriff's Department said in a statement. REVIEWS

REFUGEE ARRESTED **AFTER MACHETE** KILLING IN GERMANY

A 21-year-old Syrian refugee killed a woman with a machete and injured two other people on Sunday before being arrested in the southern German city of Reutlingen, a police spokesman said. The asylum-seeking Syrian man had been involved in previous incidents causing injuries to other people, he said. The spokesman had no immediate information on when the man arrived in Germany, or when the previous incidents took place. The assailant was apparently acting alone, the police official said. "There is no danger to anyone else at this time," he told Reuters. No further details were immediately available. REUTERS

RUSSIA ESCAPES IOC BLANKET BAN FOR RIO OLYMPICS

The International Olympic Committee has re-Spected clarion calls for Russia to be banned from next month's Rio Olympics over the nation's doping record, offering athletes a lifeline by ruling that decisions on individual competitors will be left to the international sports federations. The IOC's decision on Sunday follows the World Anti-Doping Agency's all for a blanket ban in response to the independent McLaren report that found evidence of state-sponsored doping by Russian athletes at the 2014 Winter Olympics in Sochi. "I think in this way, we have balanced on the one hand, the desire and need for collective responsibility versus the right to individual justice of every individual athlete," IOC President Thomas Bach said on a conference call. REUTERS



With a heat dome parked over the Northeast, not even beaches can provide much relief. GETHY IMAGES

IT'S A LIVING HELL OUT THERE

If anyone tells you there is no such thing as global warming, tell them to take a long walk off a short pier.

On second thought, that might be too cooling. I'm stating this not because the mercury will approach 100 degrees today on the first official day of the Democratic National Convention in the city of Philadelphia, it's because 2016 has been the hottest globally since we started keeping official weather records back in the late 1800s, according to the National Oceanic and Atmospheric Administration.

Facts don't lie, folks — we are burning up. This is creating weather chaos around the world —droughts, floods, unprecedented severe storms, to name a few. I will be devoting a full future article on this, but in the meantime, walk slowly and carry a



big fan.

The massive heat dome that I wrote about last week has arrived. It isn't the typical Bermuda high effect, which ushers in heat and humidity on southwesterly winds from the Gulf of Mexico, although I heard some local meteorologists talking about it.

It's actually a dome of atmospheric high pressure that was building across the country, originating in the West, spreading across the Midwest and eventually shifting to the East Coast. The difference is this kind of heat is more like a hot blow-dryer as hot, dry air blasts in on west-southwest winds.

As many of you have

already noticed by now. this keeps even the beaches hot, unlike a Bermuda high, which keeps the beaches cooler.

The core of this heat wave will be felt in Philadelphia and New York City. Boston will escape true heat wave conditions (three or more consecutive days of 90-plus temperatures).

Philadelphia and New York City will experience seven to eight days of consecutive 90-plus-degree days since it started this past Friday.

Severe storms will break out as well today, in the morning and again late today for Philadelphia and NYC.

This heat wave should break by week's

Boston

Today: We kiss 90, sun and clouds, late severe storm possible.

Tuesday: Heating up, sunshine, 94

Wednesday: Borderline heat, dry, 89

Thursday: Mostly sunny and hot, 92

Friday: Severe storm threat, cooler, 81

WEEKEND

Saturday: Developing sunshine, 82

Sunday: Cooler, possible scattered showers, 79

end as I'm anticipating a severe outbreak of storms that should help extinguish it by late Thursday or Friday.

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Viral post details profiling on the T

Facebook user
Jamie Davenport
stood up for a black
teen removed from
Red Line train by
police.



MBTA Transit police have investigated an incident first reported in a Face-book posting that has since gone viral about an incident on the T involving a group of black teens, a white security officer and what some described as rowdy behavior.

The incident, and comments it generated on social media, is just the latest mark of discord during a summer of unrest when polls show the nation feels racially divided in the wake of police shootings of unarmed black men, the shootings of police in Dallas and Baton Rouge



ETTY IMAGES

by black men, and what some called racial animosity on display during the Republican National Convention.

Passenger Jamie Davenport, 23, took to social media, sharing her experience on the Red Line when a group of "about eight black kids from the ages of 12-16" boarded the train acting "loud and rowdy."

She said the conductor asked the kids to quiet down, to which they responded by "mouthing off." The conductor then reportedly called a security official, who announced he had called police and halted the train. When police arrived, they ordered the youths to leave the train, including a black 16-yearold who boarded at the same time as the group but told police he was traveling quietly and alone.

The teen was still being ordered off the train until Davenport rose to defend him and told police he was telling the truth.

"In a moment of temporary rage blindness I stand up and scream, 'He doesn't ... know those kids."

The police, according to Davenport, then release the teen and "he sits down across from me again. We share a moment of blankness and then tears well in both our eyes. He waves me over to the seat next to him. And he says, 'that was because I am black. Wasn't it?"

MBTA Transit Police Superintendent Richard Sullivan confirmed much of the exchange, saying in a statement that "our officers conducted themselves with a calm and professional demeanor." He said the one teen asked to exit the train "explained he was not with and/or associated with the group ... confirmed by the larger group as well as an independent passenger."

Sullivan said the department is reaching out to the teen, identified as Jelani, and his mother, Mercedes Farguarson.

Boston.com reported Farguarson got a call from her son Jelani, who later arrived home after his curfew. She later found Davenport's Facebook post, and Jelani confirmed from her photo that she was the passenger who stood up for him.

Davenport told the website, "I was just reporting ... I want to make sure the focus remains on what the post is about, and Black Lives Matter, and not me."

Her post had over 90,000 shares as of Sunday afternoon.

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Democratic Party head resigns amid email furor

Bernie Sanders had demanded that Wasserman Schultz resign.

Democratic National Committee head Debbie Wasserman Schultz resigned amid a furor over leaked emails, throwing the party into disarray on the eve of the convention to nominate Hillary Clinton in the race for the White House.

Lingering bitterness from the heated primary campaign between Clinton and rival Bernie Sanders erupted after more than 19,000 leaked Democratic National Committee emails seemed to confirm Sanders' frequent charge that the DNC, the administrative arm of the party, played favorites in the race.

In a statement, Wasserman Schultz said the best way for the party to accomplish its goal of putting Clinton in the White House was for her to step

"We have planned a great and unified conven-



Wasserman Schultz GETTY IMAGES

tion this week and I hope and expect that the DNC team that has worked so hard to get us to this point will have the strong support of all Democrats in making sure this is the best convention we have ever had," she said.

The furor was a blow to a party keen on projecting stability in contrast to the volatility of Republican candidate Donald Trump, who was formally nominated last week, and overshadowed preparations in Philadelphia for Clinton's coronation as the Democratic nominee to face Trump in the Nov. 8 White House election.

The four-day Democratic convention will open on Monday. DNC Vice Chairwoman Donna Brazile will serve as interim chair through the election, the DNC said on Twitter.

Wasserman Schultz, a member of Congress from Florida who reportedly had been removed from a speaking role after the email leak, said she would address the delegates during the convention.

in a statement, Clinton thanked Wasserman Schultz and said she would serve as a surrogate for her campaign and as honorary chairwoman of a 50-state program to build the party in every part of the coun-

"As president, I will need fighters like Debbie in Congress who are ready on day one to get to work for the American people," she said.

The cache of emails leaked on Friday by the WikiLeaks website revealed DNC officials explored ways to undermine Sanders' insurgent presidential campaign, including raising questions about whether Sanders, who is fewish, was really an athe-

Sanders supporters still say 'never Hillary' ahead of DNC

Sen. Bernie Sanders' supporters haven't give up yet and aren't going anywhere soon.

While many may think the Democratic National Convention getting underway Monday at Philadelphia's Wells Fargo Center will be just the predictable coronation of Hillary Clinton as presidential nominee, several Sanders supporters went on a three-mile march Sunday to the doors of the convention to show their defiance.

"A vote for Hillary is a vote for Trump," said Libby DeRoo, 71, of New York City, one of hundreds marching "They're running a candidate they know will lose to him, that's on their backs, not ours. Bernie beats Trump, doubledigits."

The raucous crowd of Sanders supporters popped open a few fire hydrants to cool down

as they marched down Broad Street to the Wells Fargo Center, shouting chants like "Donald Trump's a racist fool but Hillary's a corporate tool!"

As the rally was in progress, news broke that DNC chair Debbie Wasserman Schultz will resign when the convention ends as a result of leaked emails showing Democratic officials worked to strengthen Clinton's campaign for the nomination against Sanders — to the delight of protesters.

"You guys! Debbie Wasserman Schultz is resigning!" one woman shrieked ecstatically, smartphone in hand, to loud cheers from her comrades.

"It shouts her guilt," said Sanders supporter Aleah Skaggs, 21, of Georgia. "She rigged the election completely in Hillary's favor. Democracy is dead."

Regardless of how

the nomination process went, with Donald Trump clinching the GOP nomination, many Democrats are nervous that supporters of the quasi-socialist Sanders, if unwilling to vote for Clinton, could end up helping Trump win.

"That's cute," was Skaggs' response to that accusation. "Since the beginning of the primaries, Bernie did better against Trump in all of the polls. Hillary was tied for loser or barely winning. ... I know Bernie swore he wouldn't run third party, but if he did, he would win."

Other supporters also said their opposition to voting for Hillary will. continue through election

"Don't vote for her," said Max Hara, 56, from Los Angeles. "This isn't about voting for someone, this is about democracy."

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Turkey ruling and opposition parties rally together after coup

Demonstrators held a cross-party "Republic and Democracy" rally in Istanbul's central Taksim Square in a spirit of unity following the failed coup, in which at least 246 people were killed and more than 2,000 injured.

Tens of thousands of supporters of Turkey's ruling and main opposition parties, usually bitter foes, rallied together on Sunday in support of democracy following a failed military coup as President Tayyip Erdogan tightens his grip on the country.

In a rare move, progovernment channels broadcast a live speech from the podium by main opposition leader Kemal Kilicdaroglu.

"This is a day to unite, a day to stand up against coups and dictatorial regimes, a day to let the voice of the people be heard," he said at the rally, organized by his secularist opposition CHP but also backed by the ruling Islamist-rooted AK Party and by other opposition groups.

"We are all together in Taksim today. Today is a day we made history all together."

Erdogan will probably



Demonstrators raise their hands and hold a potrait of Mustafa Kemal Ataturk, founder of modern Turkey, as they gather at Taksim Square in Istanbul on Sunday, www.s

try to capitalize on the large size of the crowd of all political persuasions to try and reassert full control over the country, a NATO ally and an important partner in the U.S.-led fight against Islamic State.

In another demonstration of unity after the coup, which was staged by a faction within the armed forces, the head of Turkey's air force issued a rare statement stressing "absolute obedience" to the chief of the military General Staff. Some members of the air force were involved in the coup.

The chief of the military General Staff, Hulusi Akar, who was held hostage by the plotters on the night of July 15, condemned the plotters on Sunday as "cowards in uniform" who had greatly harmed the nation and the army.

Erdogan, who narrowly escaped capture and possible death during the attempted coup, has declared a state of emergency, allowing him to sign laws without prior parliamentary approval in a drive to root out supporters of the coup.

His critics fear he is using the abortive coup to wage an indiscriminate crackdown on dissent. Turkish authorities have suspended, detained or placed under investigation more than 60,000 soldiers, police, judges, teachers, civil servants and others in the past week.

Prime Minister Binali Yildirim said on Saturday authorities had taken around 13,000 people into custody over the coup attempt, including 8,831 soldiers. He pledged they would have a fair trial.

Rights group Amnesty International said it had received credible evidence of detainees being subjected to beatings and torture, including rape, since the coup attempt.

"It is absolutely imperative that the Turkish authorities halt these abhorrent practices and allow international monitors to visit all these detainees in the places they are being held," said Amnesty's Europe director John Dalhuisen in a statement.

Erdogan has extended the maximum period of detention for suspects from four days to 30, a move Amnesty said increased the risk of torture or other maltreatment of detainees. REUTERS

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Lindsay Lohan slams fiance for cheating

What in the world is going on with Lindsay Lohan?

In a series of social media posts, the 30-year-old actress blasted her fiance, 22-year-old Russian businessman Egor Tarabasov, for allegedly cheating on her, even going so far as to call a friend he was pictured with at a nightclub a prostitute.

Lohan's social media rant began with an Instagram photo of her and Tarabasov, with his face scribbled out. She then tweeted a photo of her fiance at a night-club, along with the caption: "Wow thanks #fiance with Russian hooker." Lohan went so far as to tag the

woman, Dasha Pashevkina, a fashion designer, on Twitter, but deleted the tweet shortly after.

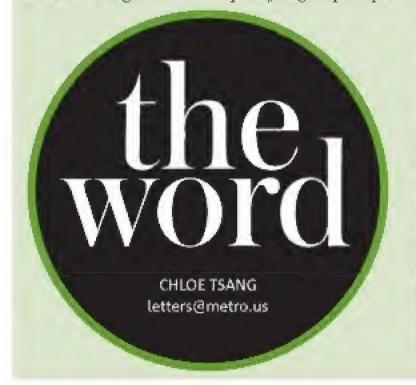
According to U.K. paper The Sun, the police were also called to Lohan's home on Sunday morning to attend to a domestic disturbance.

But the weirdness doesn't stop there — Lohan's rant continued with the former child star posting a message to her Twitter that suggested she was pregnant. "lindsay lohan labour pains trailer – I am pregnant!!" the tweet reads.

Someone seriously needs to get the Burn Book out, because it looks like Lohan's got plenty of gossip to spill.



ALL PHOTOS GETTY IMAGES





Calvin Harris parties it up with Kim Kardashian

Calvin Harris has been on a Taylor Swift-hating roll, and it doesn't look like it'll be ending anytime soon.

First, the Scottish musician fired back at his ex-girlfriend with an array of angry Tweets, then he stepped out with his rumored new girlfriend, Tinashe. Now, he's been spotted fraternizing with the enemy: Kim Kardashian.

This weekend, Harris seemed to show his ever-growing support for the #TaylorSwiftisOver campaign by partying it up with Kardashian at Jennifer Lopez's birthday bash in Las Vegas.



A photo of the two surfaced shortly after the 32-year-old DJ posted a video of himself on Snapchat rapping the lyrics to a Kanye West song. In the clip, Harris is heard singing the lyrics, "Wifey gonna kill me, she the female OJ."

In case anyone forgot, Swift and Kardashian have been embroiled in a nasty feud ever since Kardashian leaked footage of the 26-year-old singer greenlighting her reference in West's song, "Famous." Meanwhile, Swift and Harris have been on some equally nasty terms: Harris recently accused his ex of trying to "make him look bad" by revealing that she co-wrote the DJ's smash hit, "This Is What You Came For."

It seems like it's only a matter of time before Hollywood explodes from all the Swift-Kardashian-West-Harris drama. Seriously, is there anyone who doesn't have bad blood with some — or all — of these people at this point?



Debra Messing says a Trump presidency would be "devastating" for women.

Debra Messing is pro Hillary

The actress is in Philly to talk some sense into Sanders supporters



Debra Messing, the Hollywood actress known for her roles in hit shows like "Will & Grace" and "Smash," is a big supporter of presumptive Democratic nominee Hillary Clinton. The 48-yearold star is already in Philadelphia days before the Democratic National Convention doing grassroots work in support of Clinton. Messing chats with us about the dangers of a Trump-Pence presidency and why Bernie Sanders supporters should rally behind Clinton.

Why would a Trump-Pence presidency be

dangerous for women? It would be absolutely devastating for women. I have three beautiful nieces. The idea that they would be growing up in a country where they didn't have the right to make decisions about their health, after I've enjoyed that right my entire life, is so unthinkable. It's unimaginable. The idea that we would have a government who would be defunding Planned Parenthood, which is something so important to a huge percentage of women in our country. Republicans like Trump and Pence do not respect women as equals.

What would Hillary do to advocate for women? Hillary Clinton has said she is going to fight for equal pay for women. She is going to fight to protect Planned Parenthood and fight to protect Roe v. Wade.

What do you have to say to Bernie supporters who won't support Hillary?

I would say I understand the disappointment. He has done something so important for our country. He has brought to light issues that have never been discussed before. He has been instrumental in informing the Democratic platform. So many of the things his supporters wanted have been incorporated because of Bernie into the platform. Before that, however, Hillary and Bernie voted the same way 93 percent of the time when they were in the Senate.

But now with Trump being the alternative ...

Please, please look at the long game. The whole goal is progress, and progress happens incrementally. We all want it to happen overnight. I wanted gay marriage to be legal a decade ago, but we had to fight for so long, and it's finally here, thank God. But progress takes time and the only way to get there is to take steps forward. If [Bernie supporters do not support Hillary and Trump is our president — all of the progress that has been made thus far will be decimated.

Debra Messing will be at the Democratic National Convention on Tuesday, July 26, in Philadelphia. Text 47246 to find out more.





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Teresa Palmer wants to be scared

Teresa Palmer battles a beastie who appears to be supernatural in "Lights Out." warner eros. Actures

The actress was looking to do a smart horror film when she signed on for "Lights Out."



MATTPRIGGE @mattprigge mall-prigge@metrouss

Teresa Palmer didn't want to do a typical horror movie. And with "Lights Out," she didn't. It may appear to be a standard ghost movie, where a supernatural presence latches onto a splintered family, just like in "The Conjuring." But Palmer has a real character to play: a young woman who is pulled back into the life of her estranged, mentally ill mother (Maria Bello) when her house is haunted by an unknown presence that can only be seen when the light are switched to off.

Do you tend to be

morbid? Yeah. I've always been that way. I watch every crime show — all the true ones, at least, not the fake ones. I've always loved them, even when I was a little girl. When I was 6 years old I was the one who said in class, "If anyone wants to hear ghost stories, follow mel" I would sit under a tree with a group of kids and I'd make up ghost stories. I can't explain it. Maybe it's because I don't have a ton of darkness in my own life.

And yet you've done very few horror films, apart from your first American film, "The Grudge 2." What was different about this?

I had to do a smart horror film. I needed it to be layered and interesting. My favorite element was how the family felt very real. I've dealt with a lot of people in my life who have manic depression and schizoaffective disorder and psychoses. I really could resonate with Rebecca's decision. It was written so realistically. With genre films, that's very refreshing. I felt it could be a family drama outside the supernatural element.

There are a lot of genre films that actually do sneak in real, deep thought. They're considered disreputable, and some filmmakers use that as license to get away with really subversive material.

Then there's the flipside, where they have soulless characters that are just there to be scared or murdered. Pretty girls get murdered and people aren't the sharpest tool in the shed and get killed instantly. With this I wanted to have the supernatural element, but I also wanted to play a real character. That means the audience is really rooting for the characters. They really believe in them and want them to be OK.

Do you tend to be into the more cerebral horror films, like "Rosemary's Baby"? "Rosemary's Baby" is unbelievable. Or the

David Lynch film "Eraserhead." The baby that comes out is totally bizarre. Being a pregnant woman, I've had those nightmares. In my first pregnancy I would dream about being Mia Farrow.

> Did you have similar anxieties actually making a horror film?

When I was shooting this movie, all these feelings would come back to me. I knew what was in it, because I'd read the script. But I'd come home and have to switch my brain off about some of the images I was seeing at work. It just triggered

something for me. I had really bad insomnia shooting this film. I slept with a night light on. I kept pretending it was for my son, that he needed the night light. But he didn't need it; he was 9 months old, he was fine. It just got under my skin. That's one of the reasons I wanted to do it: I wanted to feel that real fear.

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The risks and rewards of emergency nursing

If you thrive in chaotic, fast-paced situations and want to save lives, consider this growing field.



AUZAH SALARIO @Alirosa alizah salario@mesro.us

If you can stay calm under pressure, think on your feet and turn on a dime, then emergency nursing might be the career for you.

While dealing with life-threatening situations on a daily basis is inherently high-pressure, emergency nursing is an incredibly rewarding career, says Jeff Solheim, a veteran emergency nurse and the author of "Emergency Nursing: The Profession, the Pathway, the Practice."

Solheim shared his experiences and insights on navigating this physically and emotionally challenging profession.

Decide if you have what it takes

The No. 1 thing that draws people to emer-

gency nursing is the quick pace, says Solheim.

"It's people who really enjoy that adrenaline rush," he adds. "And the other thing, I think when you ask emergency nurses what draws them to this field, it's the ability to work with people for a very short period of time. One minute you can be caring for a child with a sore throat and five minutes later you're in a room caring for someone with an amputation, and one hour after that you're performing CPR on a grandma from a nursing home."

Be aware of the challenges

When Solheim started out, he was aware of the chaotic nature of emergency situations. What he wasn't prepared for was the lack of respect from patients.

"When you get there, you realize that not everybody is as responsive to your caring as you would like," he says. "Violence is huge in emergency nursing, and that can be verbal violence, physical



HOW TO GET AHEAD

or emotional violence." Solheim found the lack of gratitude "a little bit jarring."

"You truly do get to see every level of society," he says. "You see the worst of what substance abuse really does to people, you see domestic violence and human trafficking. Every shift you work you see the worst of society, along with the best."

Make self-care a priority

Frequent exposure to injury and death, workplace violence and grueling hours can take a toll on even the most tenacious nurses. Those in medical professions are notorious for not taking care of themselves, but that can ultimately lead to burnout.

"Emotionally, you give every day to people who are hurting. An important component is finding [ways to care for] your own emotional health," says Solheim, noting that even something as simple as finding time to eat and exercise is a key component of self-care.

Consider specialty certifications

To become a registered nurse, individuals must have, at minimum, a diploma in nursing. However, nursing has become a lot more technical in the last few years, and now some schools require a four-year bachelor's degree, explains the expert.

Although an additional certified emergency nurse (CEN) credential is not required to be an emergency nurse, it's a "demonstration to the public that you have knowledge above and beyond those areas," says Solheim.

Other credentials, such as a certified flight registered nurse (CFKN) can open up new doors — and boost salaries.

The average salary nationally for an emergency room nurse is \$67,249, while the NYC average is about \$73,254, according to job and recruiting website Glassdoor.

Throughout his career, Solheim has worked as a hospital administrator, on a cruise ship and has written legislation related to health-care policy. Today, he's somewhat of a nursing entrepreneur, writing books and creating test-prep materials about nursing.

Solheim emphasizes that emergency nursing is not just one thing.

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Medical jobs that don't require an advanced degree

Many careers in the health-care field require both the ability to deal with people and hard technical skills.



ALIZAH SALARIO @Alirosa alizah,salario@metro.us

Love health and wellness but hate the sight of blood? Though we often think of doctors and nurses when it comes to health care, there are many desk jobs that require an interest in health and medicine but not an M.D.

In fact, one up-andcoming area in the health care industry involves a keen understanding of data, coding and medical records, in addition to strong people skills.

Deborah Sek, division director at professional staffing agency Ajilon, says both temporary and permanent positions are growing — fast.

"With health care, with it continuing to evolve and adapt to technology, and with what people need out there, it's now a combination of the warm and fuzzy side of health care coupled with

the technology backup piece," Sek says.

Any sort of health care bachelor's degree is a plus, and for some positions, clinical experience and clinical certification — for instance, care managers need to be registered nurses — are crucial when recruiters are looking to hire.

Here are three areas that are staffing up, Sek says.

Care coordinator care manager

Usually RNs, care coordinators use their nursing training to be

Searching for a job in the medical field? You don't necessarily need to go back to school to find one. ISTOCK

able to manage patients' transitions through their entire care curriculum, says Sek. Coordinators are the people a patient can rely on, and each has a specific discipline, whether it be oncology, or gerontology.

Data compliance

This is a tech-intensive and crucial position. It involves "analyzing and reviewing documentation and records to ensure compliance with HIPAA [Health Insurance Portability and Accountability Act] laws." This position suits those with a meticulous attention to detail.

Medical billing coding and collections

Medical coders basically translate a doctor's orders as accurately as possible into a numeric or alphanumeric code, which then ensures health care providers are paid for their services. This position requires both hard skills like coding and computer savvy plus the ability to provide one-on-one attention and quality customer service to individuals calling with concerns, Sek says.



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Why public health is personal

This expanding field offers countless options for people who want to make a difference.



ALIZAH SALARIO @Attrosa alizah.salar ot§metro.us

Public health is a broad, fast-growing field. It requires a desire to help others and an interest in health or science — but not a medical degree.

"The whole field of public health is really about prevention," says Heather Krasna, assistant dean of cureer services at Columbia University's

Health. "When people think of health care, they usually think of doctors. nurses, but there's this huge additional set of jobs that are in health care or public health."

The Mailman School offers masters and doctoral degrees in public health, preparing graduates to enter the field as biostatisticians, educators or health care administrators, just to name a few career

Public health is really about "promoting and protecting the health of communities and people where they live," says

paths.

Krasna. "Most of it has nothing to do with getting to see a doctor and getting medical care."

What's more, the field is experiencing exponential growth. The aging of the population and the

"The whole field of public health his really about prevention." Krasna

> large increase in people who are now receiving health care because of the Affordable Care Act have greatly increased demand for public health practitioners, she adds.

rapidly growing areas.

Health educator program manager

Health educators often work with high-risk communities to prevent illness — whether that means figuring out how

> people in certain areas can get access to more-healthful foods, testing air quality to understand the high level

of asthma in a certain area or making sure water is safe to drink. "People think about public health, and they usually think of an infectious disease, like Zika or Ebola or HIV. But actually you could be doing the same type of work

and trying to prevent diabetes or working with

people to prevent cancer,"

Programs and interventions

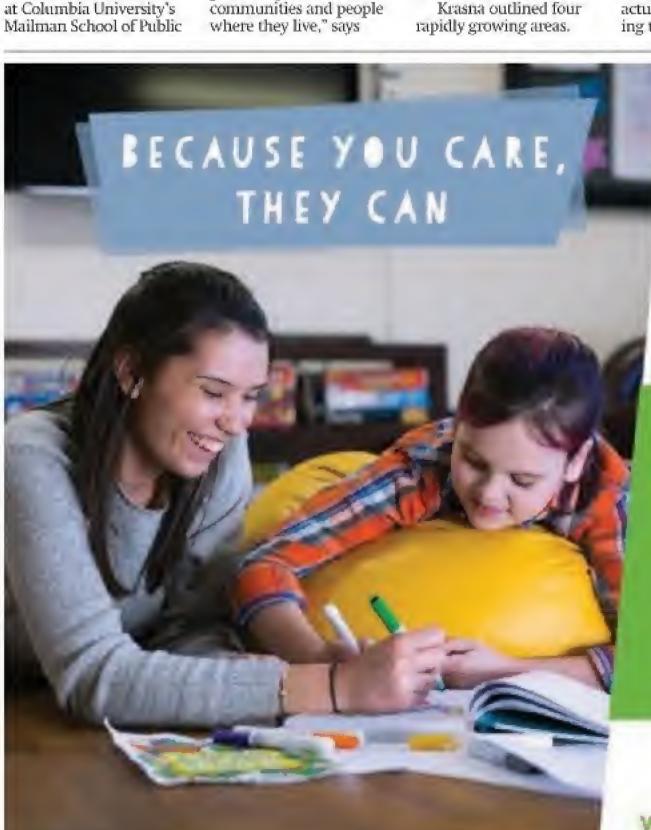
Krasna says.

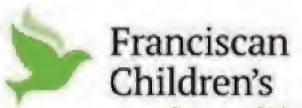
Going into schools and teaching kids about healthful eating and lifestyle choices is part of public health's focus on prevention. Interventionists also work with adult

populations doing what's known as harm reduction — preventing the transmission of HIV, for instance.

Behavior-change communication

Ever notice those subway posters with lung cancer patients cautioning against smoking, or attractive couples advocating safe sex? That's all





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Ensuring that healthful foods are available in communities at risk for cancer and diabetes is part of the public health profession. Isrook

part of the behaviorchange communication aspect of public health, which grapples with a big question: "How do we communicate [with the public] in a way that will get people to change behaviors that will then make them healthier?" says Krasna. "People focus on getting health care, but a lot of what accounts for somebody being healthy is stuff in their neighborhood or stuff in their environment."

Statistics

Health-related statistics and data analysis is "an exploding field" right now, Krasna adds. "You now have all this data that's in electronic medical records, or electronic health records. Now there's this huge field of analyzing that data so you can figure out what is it that's causing an outbreak or what is it that's causing certain patients to have very high medical bills."

The median salary for public health graduates is about \$65,000, but this can vary dramatically depending on whether graduates go into the nonprofit field or opt to work for a pharmaceutical company.

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Will the Sixers and Celtics finally get on the same page and make a deal to send lahtil Okafor north to Boston? GETTE IMAGES

Odds Okafor, Westbrook or Love are in trade to Celtics

So you're saying there's a chance?



The only name that has been circulated in Celtics trade rumors more than Kevin Love over the last 12-plus months or so has been that of Jahlil Okafor, the Sixers' big man.

It seems like eons ago, but the Celtics were pretty close to pulling off a blockbuster deal involving Okafor in the 2015 yes, 2015 — NBA Draft as ESPN's Brian Windhorst reported 392 days ago that if Okafor fell to No. 3 in the draft (he did), the Celtics were prepared to make a "Godfather" offer. Pro Basketball Draft.

tweeted that day that the C's would have been willing to send "Marcus Smart and picks" to the Sixers in exchange for Okafor.

"Marcus Smart and picks" would still probably get the job done, so long as "picks" meant either the 2017 or 2018 Nets pick (Celtics have the right to swap picks in 2017 with Brooklyn — which they or some other team will certainly do). Smart and both Nets picks seem like far too much to give up on Boston's end, but there's no doubt that Philly boss Bryan Colangelo is currently pushing for something resembling that trade that Sam Hinkie likely rejected over a year ago.

All told, Okafor remains the No. 1 "big name" likely to be dealt to the Celtics. Here's a look at the odds that. the former Duke center winds up on Causeway Street as well as the more distant odds that some established stars wind up with the C's.

Jahlil Okafor 9-5

It's become increasingly maddening as to why the Celtics and Sixers weren't able to pull off the simple Kris Dunn for Okafor swap on draft night. Made way too much sense for both teams, apparently.

Russell Westbrook 11-1

Thunder GM Sam Presti does not seem to be willing to go into rebuild mode just yet — but if

he's the guy who winds up letting Kevin Durant and Westbrook walk away from OKC without getting anything in return for either, it's a good bet he never gets a front office job in the NBA ever again. Talk about overcompensating for that James Harden trade from years ago.

Blake Griffin 12-1

Doc Rivers does not seem like the kind of guy who wants to make big trades. He likes to ride things out with veterans and is reluctant to give control to guys he does not trust. Hell, if it were up to him, he'd probably still be coaching the Celtics with a starting five of 40-yearold Kevin Garnett,

38-year-old Paul Pierce, 38-year-old Jason Terry, Kendrick Perkins and the human being formerly known as Delonte West. When the writing was on the wall that Ainge was ready to trade Garnett and Pierce three years ago, that's when Doc wanted out. The man hates change more than those in attendance at the RNC last week.

Kevin Love 25-1

If the Cavs' front office (LeBron) were ruthless, they would have traded Love by now. Instead, they're in pure championship honeymoon phase and seem more interested in selling "this is the team that broke the Cleveland curse" merch than

actually building a roster that can compete with Golden State next season. I fully expect an also-ran in the East like the Raptors or Celtics to upset Cleveland in the playoffs next season, by the way. The 2016-17 Cavs will be like the 2005 Red Sox — popping champagne all day, every day in the dreaded season after the season.

DeMarcus Cousins 26-1

The Kings are dumb. But not this dumb.

Jimmy Butler 30-1

The Bulls have a plan. It's to be a seven-seed in the East for the next eight years, but it's a plan nonetheless.



David Price seems to have gotten worse as the temperature has gotten warmer. GETTY IMAGES

Red Sox' Price still playing the same (disappointing) tune

The lackluster performance from presumptive ace David Price leaves the Red Sox in need of rotation help.



It's getting old for Red Sox fans and it's getting old for David Price.

Saturday night was another poor start for Price as he allowed five runs on 11 hits in just 5 2/3 innings against the Minnesota Twins, the worst team in the American League. Even though the bullpen gave up runs late, the Red Sox lost a game in which Price started and they scored nine runs.

Furthermore, Saturday was third game the Red Sox have lost this season when scoring at least seven runs for Price.

"It's been terrible.
This is not fun. It's just awful," Price said.

Added Price: "Honestly I feel good. I feel healthy, I feel good out there on the mound, I feel confident. Just not making good pitches and that's what it boils down to. You can feel bad out there and still go out there and execute pitchers and you're going to get good results. But it doesn't matter how good you feel if you don't go out there and execute, and that's when things happen."

Price is getting paid essentially \$1 million per start and he hasn't even come close to what he was expected to do when the Red Sox signed him this past offseason. His two starts of the second half were supposed to be wins, and instead they were losses.

The Red Sox had a chance to sweep the Yankees last Sunday night and Price couldn't deliver and Saturday the Red Sox had a chance to secure a winning series against the Twins and once again he couldn't deliver.

A big long-term question has to be raised:
If the Red Sox were in the one-game Wild Card game tonight, who would the starting pitcher be? Right now, it's hard to imagine manager John Farrell would give Price the ball. Rick Porcello and Steven Wright

6.35

ERA FOR DAVID PRICE

OVER HIS LAST TWO

STARTS. HE HAS A 2-6

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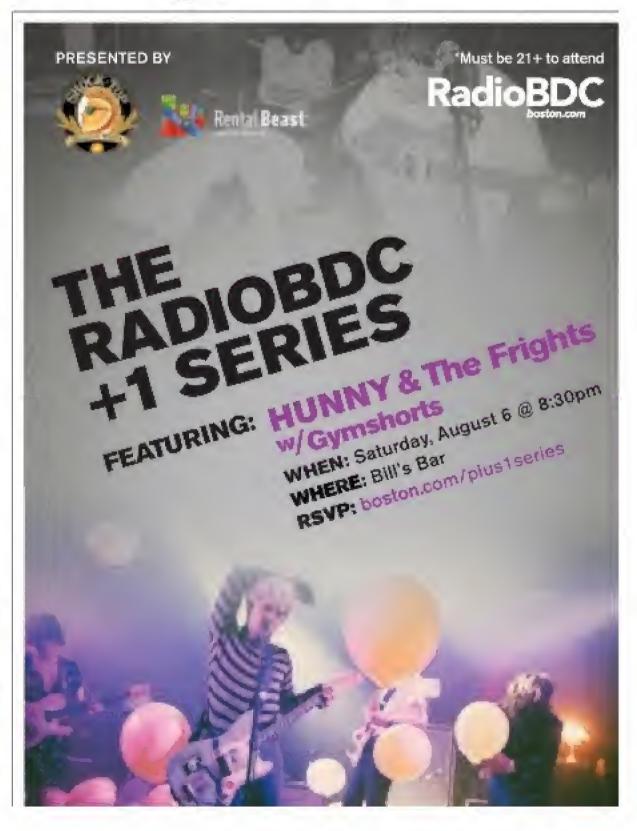
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(9-7 OVERALL)

have done more than Price has this year and deserve to get the ball more than Price.

This isn't to say Price can't turn things around and potentially be the Red Sox' Game 1 playoff starter, but as of now he certainly isn't. While his strikeout totals are there, going into Sunday he's allowed the most hits in all of major league baseball. There's nothing wrong with allowing hits, but that many isn't acceptable for a so-called ace.

Every time Price takes to the mound there's hope he can turn things around, but time and time again he doesn't deliver, and that needs to change and change sooner rather than later.



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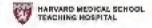
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LEGAL NOTICES

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. SU16P1463EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court

Estate of: Veronica T Mitchell Date of Death: 04/06/2016

Suffolk Probate and Family Court 24 New Chardon Street, Boston, MA 02114 (617) 788-8300

To all interested persons: A Petrtion for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Huldah Winspeare of Boston MA requesting that the Court enter a formal George and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Muldah Winspeare of Boston MA be appointed as Personal Representative(s) of said estate to serve on the bond in an unsupervised administration.

IMPORTANT NOTICE

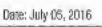
You have the right to obtain a copy of the Petition from the Petitioner or at the Court, You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 08/11/2016.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled in notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.





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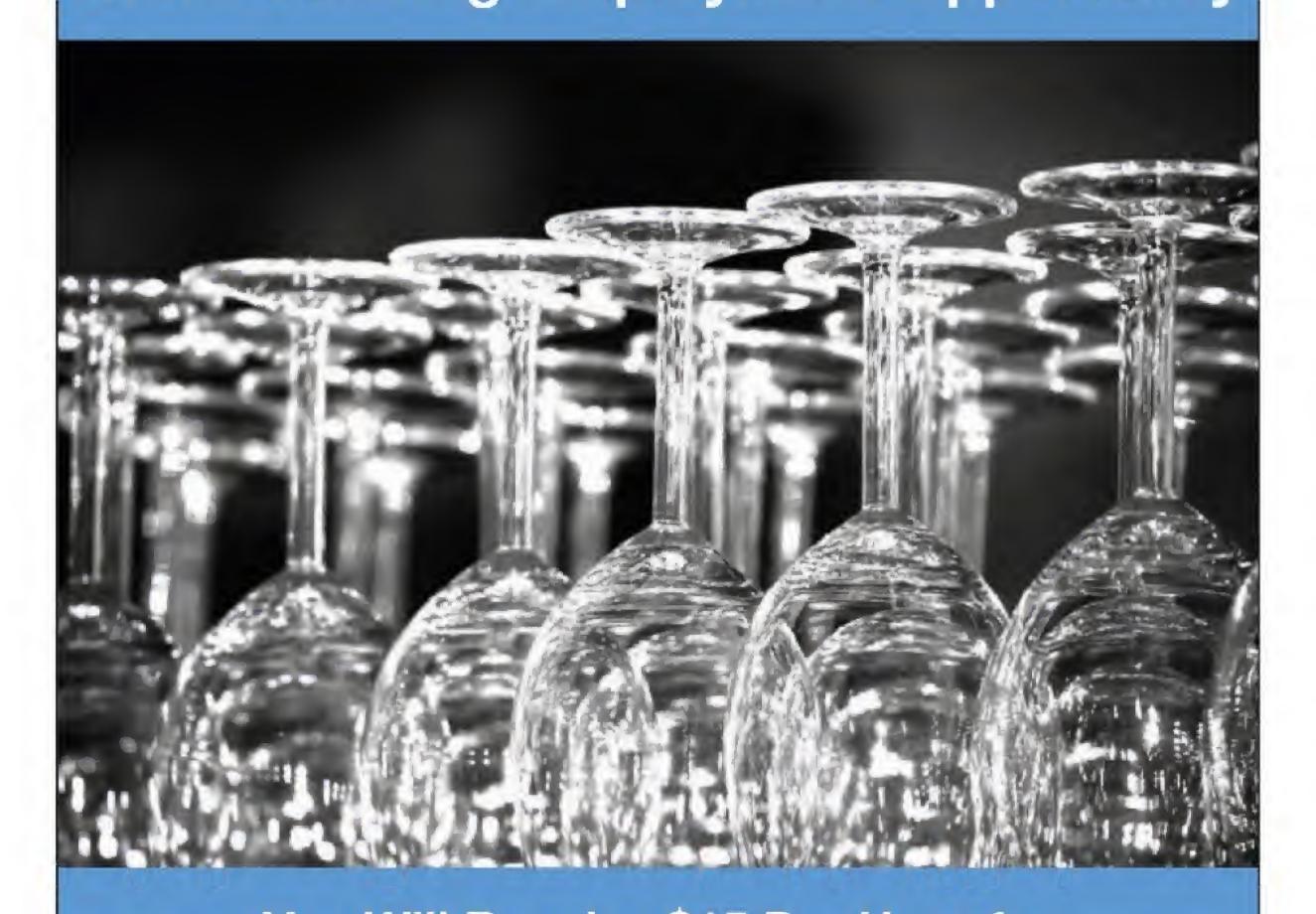
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LEGAL NOTICES

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Raymond O'Sultivan and Anne 8-0'Sultivan to Mortgage Electronic Registration Systems, Inc. as nominee for NE Moves Mertgage Corporation, its successors and assigns, dated September 30, 2003 and Registered with Suffolk County Registry District of the Land Court as Document Number 667325 noted on Certificate of Title Number 120027 subsequently assigned to US Bank National Association, as Trustee for Credit Suisse First Boston MBS 2004-8 by Mortgage Electronic Registration Systems, Inc. by assignment Registered with Suffolk County Registry District of the Land Court as Document 773983. noted Certificate 120027 and subsequently assigned to U.S. Bank National Association, as Trustee for Credit Suisse First Boston Mortgage Securities Corp., CSFB Mortgage Backed Pass-Through Certificates Series 2004-8 by US Bank National Association, As Trustee for Credit Suisse First Briston MBS 2004-8 by assignment Registered with Suffork County Registry District of the Land Court as Document 852063 as noted on Certificate 120027; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foredoxing same will be said at Public Auction at 10:00 AM on August 8, 2016 at 108 Church Street, Boston (West Poxburyl, MA, all and singular the premises described in said Mortgage, to wil:

That certain parcel of land situated in that part of Boston formerly West Roxbury in the County of Suffeik and Commonwealth of Massachusetts, attuated on Church Street and Burwell Road, Sale land is shown as lot 332 on a plan drawn by W.C. Bates, C.E. dated May 6, 1912, as approved by the Court, filed in the Land Registration Office as plan No. 3710-C, a copy of a portion of which is filed with Certificate of Title No. 4420. For title. see Deed recorded herewith.

The premises are to be sold subject to and with the benefit of all essements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch. 1834, unpaid taxes, bux titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FNE THOUSAND DOLLARS AND DO CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The belance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank theasurer's check or other check satisfactory to Mortgagee's atterney. The Mortcacee reserves the right to bid at the sale, to reject any and all bids. to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set uside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's afterney. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. SU16P1522EA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Estate of Peter Puleio

Date of Death: 04/23/2016

Suffolk Probate and Family Court

24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all interested persons: A Pelition for Formal Probate of Will with Appointment of Personal

Representative has been filed by Grace C Magoon of Boston MA requesting that the Court

The Petitioner requests that; Grace C Magoon of Boston MA be appointed as Personal

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written

appearance and objection at this Court before: 10:00 a.m. on the return day of 08/18/2016.

This is NOT a hearing date, but a deadline by which you must file a written appearance and

objection if you object to this proceeding. If you fall to file a timely written appearance and

objection followed by an afficient of objections within thirty (30) days of the return day, action

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration

is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the

enter a formal Decree and Order and for such other rehet as requested in the Petition.

Representative(s) of said estate to serve on the bond in an unsupervised administration.

TIME WILL BE OF THE ESSENCE.

Other terms if any, to be announced at the sale.

U.S. Bank National Association. as Trustee for Credit Suisse First Boston. Mortgage Securities Corp., CSFB Mortgage - Backed Pass-Through Certificates Series 2004-8

Present Holder of said Mortgage,

By its Attorneys. ORLANS MORAN PLLC PO Box 540540, Waltham, MA 02454

July 18, 2016, July 25, 2019 and August 1, 2016 Phone: (781) 790-7800 • 15-014977

may be taken without further notice to you.

Date: July 11, 2016

distribution of assets and expenses of administration.

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

CITATION ON PETITION FOR FORMAL ADJUDICATION

SU06P2379VA1

Commonwealth of Massachusetts The Trial Court: **Probate and Family Court**

Estate of: Gail D. Harrison-Payton Date of Death: 07/19/2006

Suffolk Probate and Family Court 24 New Chardon Street, Boston, MA 02114

(617) 788-8300 A Pelition for Formal Appointment of Personal Representative has been filed by Arthur Banks of Somerville MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: July 14, 2016

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

(SEAL)

Lorene Corbin and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. App.§501 at seq.:

Wells Fargo Bank, N.A., claiming to have an interest in a Mortgage covering real property in Boston (Dorchester), numbered 5 Claridge Terrace, given by Lorene Corbin to Wells Fargo Bank, N.A., dated September 28, 2011, and recorded in Suffolk County Registry of Deeds in Book 48447, Page 292, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service. of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before August 22, 2016 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on July 14, 2016

Attest

326,7260 7/25/16

Deborah J. Patterson Recorder

CITATION ON PETITION FOR FORMAL ADJUDICATION

Decket No. SU16P1513EA

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

> Estate of: Joan Callanan Date of Death: 03/22/2016

Suffolk Probate and Family Court 24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Mary Sue C Moore of East Bridgewater MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Politioner requests that: Mary Sue C Moore of East Bridgewater MA be appointed as Personal Representative(s) of said estate to serve on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 08/18/2016.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an afficient of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: July 11, 2016



CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. SU16P1535EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court

Estate of: Ellen L Graham Date of Death: 06/15/2015

Suffolk Probate and Family Court 24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all interested persons: A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Jeanetta Jernison of Belleville Mil requesting that the Court enter a formal Decree and Order and for such other relief as requested to the Petition.

The Petitioner requests that: Jeanetta Jemison of Belleville MI be appointed as Personal Representative(s) of said estate to serve on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of essets and expenses

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: July 13, 2016



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- 22 Made top honors
- 23 Put ane's fact —
- 25 Incline
- 27 Bucks
- 31 Calm state
- 35 Shoe saver
- 36 Honshu volcano
- 38 City near Phoenix
- 39 Yours and mine
- 41 Jacket choice
- 43 Moose or elk
- 44 Phrase-book entry
- 46 Roman household gods
- 48 Moo goo pan
- 49 Storm refuge
- 51 Snack (2 wds.)
- 53 Latin hymn word
- 55 Per
- 56 Louver part
- 59 Day- paint 61 Vast number

Down

- 1. Blue or harvest
- 2 Singer Guthrie

metro.us

/games

65 Big blow in Japan (2 wds.)

68 Plum shape

71 Griffin of TV

74 Vane dir.

73 Pothole locale

70 Green Gables gal

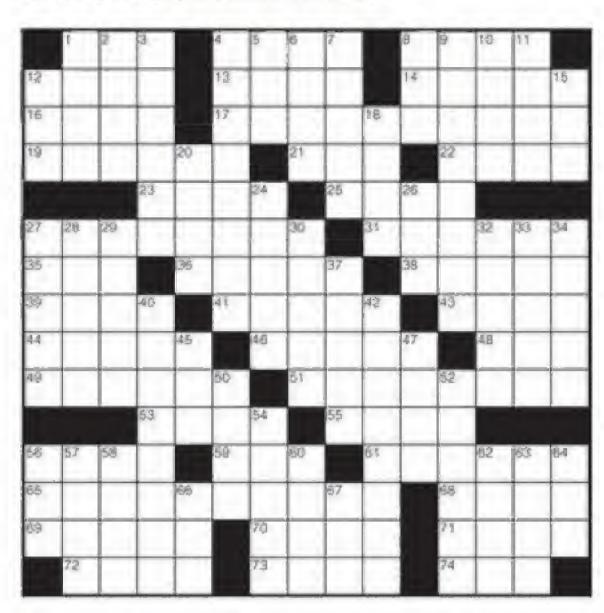
72 "Only Time" singer

69 Habituate

- 3 Kind of acid
- 4 Most robust
- 5 Cunning
- 6 Tell the press
- 7 Mary Moore

- 8 Greet warmly
- 9 Never explored 10 S&L protector
- 11 Throw a party for
- 12 Its HQ is Knoxville 15 Autumn color
- 18 Culture dish goo
- 20 "Diana" composer
- 24 Fishing net
- 26 Bumped into
- 27 Impassive
- 28 Bea Arthur sitcom
- 29 Taxing time? 30 Finger-paint
- 32 Alpha and —
- 33 Canine command
- 34 Like a seance
- 37 Condor nest
- 40 Remote
- 42 Left hastily 45 Scratch or dent
- 47 Office asst.
- 47 Office asst.
- 50 More than fume 52 Auto trim
- 54 Dana of "MacGyver" 56 Compete in a statom
- 57 Bowling alley
- 58 Make - for it
- 60 "it can't be true!" (2. wds.)
- 62 Currier's partner
- 63 Swiss river
- 64 CXI x V
- 66 Leaves in a bag
- 67 — whim

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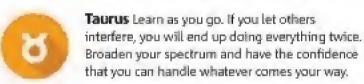
easy 8 5 3 7 9 5 4 3 5 9 4 6 5 2 1 8 3 5 9 8 7 7 1 9 2 4 6 5 4

hard

6				9	1	8		
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			4		5	7		
	5				6	2		
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metro.us/horoscopes

Aries Release any tension you feel with honesty, resolution and compassion. Take any opportunity to show a loved one how special he or she is to you. Groundbreaking results will unfold.



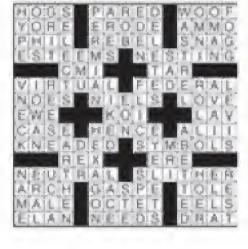
Gemini Check out ways to make your home environment more to your liking. A space where you can relax or work on enjoyable projects will help keep you grounded.

Cancer Pitching in and doing your share will add to your popularity. Complaining and criticizing will isolate you from people you need on your side in order to excel.

Leo Get out and do something that will make you smile. If you share the moment with someone who needs a pick-me-up, it will bring you greater joy. Follow thoughts with actions.

Virgo Offer assistance, but don't put up with ungrateful people. If you aren't being appreciated, move on and help someone who knows the value of your support.

Yesterday's answers



Can't wait tuntil tomorrow to check your answers? Visit metro.us (A)

Libra Make your point heard. Engage in events that will bring about change. The people you encounter will be instrumental in helping you down the line. Love is highlighted.

Scorpio Take a wait-and-see approach to changes in your industry or elsewhere that could affect your prospects. Don't fight change when you can adapt and make it work for you.

A.

Sagittarius Take on a competitive challenge and show everyone what you are capable of doing. Business trips are favored. Make your day perfect by ending it with romance.

73

Capricorn Do your own research. Take care of personal money matters. Don't let an emotional situation tempt you to make a move that is not in your best interest.

*

Aquarius Bring about change for the right reason. A clear conscience and stellar motives will help you reach your destination without any regrets. Let your past mistakes go.

H

Pisces Look to the future because you are at peace with the past, not because you want to run from regret. Make amends, do what's right and enjoy the relief you'll gain. **EUGENIA LAST**

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